

BROOKHAVEN HAPPENINGS

- **Oct. 24 at 1:30-3:30 pm**— Halloween Dance - tickets are limited!
- **Dec. 2 at 6:00 pm** — Christmas Tree Lighting
- **Dec. 7 at 1:30-3:30 pm**— Holiday Dance - tickets are limited!
- **Dec. 27 at 6:00 pm**— Menorah Lighting

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Town of Brookhaven Happy Talk Gazette

OCTOBER-DECEMBER ISSUE

Message from Supervisor Edward P. Romaine



Welcome to the October – December 2016 edition of the *Town of Brookhaven Town Happy Talk Gazette*.

Over the years our senior population in the Town of Brookhaven has become accustomed to reading about events and programs geared toward your needs and interests in our quarterly Happy Talk newsletter. We have received a lot of positive feedback regarding this newsletter and have taken the initiative to expand its scope and make it an even greater resource, while simultaneously taking steps to make the publication more interactive for our senior residents. The new name of the publication will be the “Town of Brookhaven Happy Talk Gazette.”

Please read through this latest edition and enjoy its various new elements, including the Remembrances columns. As always, we look forward to hearing your feedback regarding this initiative. Should you have any questions or you or someone you know could benefit from any of the services provided by the Brookhaven Town Senior Division, please call (631) 451-9191.

Middle Island Dog Park Re-Opens

Supervisor Ed Romaine and Councilman Michael Loguercio have announced the re-opening of the Middle Island Dog Park, located along Middle Country Road.

The park had been closed during the demolition of the adjacent

K-Mart Building and reopened July 21. The dog park has separate, safe fenced in areas for both smaller and larger sized dogs, with a canine friendly water fountain.

“We love the park,” said Bruce Plewka of Coram. “It is secure and relaxing for both us and the dog.”

Before entering the park, residents must use an activated Pooch Pass card to open the gate. Pooch passes can be obtained by calling the Town Clerk’s office at (631) 451-9011 and asking them to mail you an application or by visiting brookhaven.org.



Bruce and Stephanie Plewka, of Coram, relaxing with their 12 year old Dalmation, Pleeka, after she took a trot around the park.

Spotlight on Brookhaven



Portable Aquatic Lift



"With the cooler months ahead, it does not necessarily mean you need to stop enjoying hotter temperatures.."

With the cooler months ahead, it does not necessarily mean you need to stop enjoying hotter temperatures. The Brookhaven Aquatic Center is an indoor heated pool that can be used throughout the year. With crystal clear water and temperatures averaging from 84 to 86 degrees, this 25 meter pool ranges from 4 feet, 4 inches to 12 feet deep and offers something for everyone. A variety of classes and programs are available

and the ADA (Americans With Disabilities Act) compliant PAL (Portable Aquatic Lift) at the Center has become the industry standard for providing accessibility to swimming pools. The family changing room also provides a comfortable environment for parents, grandparents and guardians to tend to children and those with disabilities before entering and after leaving the pool.

The Brookhaven Aquatic Center is located at 300 Francis

Landau Place (Mastic Beach Road) in Mastic Beach and is open seven days a week with a special family swim day on Sundays. While the pool is open to everyone, residents of Brookhaven receive a special discounted rate. Regular hours of operations are 7:30 a.m. to 8:30 p.m. Monday through Friday, 7:30 a.m. to 4 p.m. on Saturday and 10 a.m. to 3 p.m. on Sunday. For further information, please call (631) 281-2870.



Are you alone all day?
Would you like someone to call you everyday, to lend an ear or to see how you're doing?
We can help!

Brookhaven Senior Helpline

Helpline is a free telephone reassurance service for isolated or homebound seniors. Our program provides human contact with a daily reassurance call, letting clients know that someone is there for them.

Helpline volunteers reach out with a friendly voice, asking how you're doing, answering questions, providing information about Town or County services or just lending an ear from one person to another.

If you know a senior citizen in need of this service or would like to sign up, please call the Town of Brookhaven Senior Citizens Division at 451-9191.

When experiences are shared through the art of storytelling, they inspire, educate and enlighten others. Stories also create a humanistic connection where when we hear of another person's experience, it encourages us to share our own. The Brookhaven Town Senior Citizen Division is interested in hearing YOUR stories. We are creating a column called *Remembrances* that will appear in our quarterly *Town of Brookhaven Happy Talk Gazette* newsletter. If you are interested in sharing your stories and experiences with your fellow friends and neighbors in our newsletter, please call Frank Petrignani at (631)-451-6547 or email him at fpetrignani@brookhaven.org and put "Remembrances" in the subject line. We look forward to hearing from you. Also, a special THANK YOU to John Gaveglia and Grace Turcotte for sharing their stories with us in this edition.

The Power of Music

My name is John Gaveglia and here is my story. After I got out of the Army, my brother Anthony and cousin Barney formed a band. We called our group the Vandels. Although I was the lead singer, Anthony was the leader of the band and played the piano. Barney provided beats on the drums.

Our first big gig was about sixty years ago in a place called the Settlement House that was always filled with people who lived in the Little Italy area. It was a gigantic building with an enormous dance floor and a place where less fortunate youth came to get off the streets.

The lineup that night was certainly eclectic and electric. My band played the music for the song "Sixteen Candles" before it was ever recorded by the Crests, which was strictly a singing group at that time.

"Sixteen Candles" was released in 1958, and little did anyone know, it would become a timeless hit.



Johnny Maestro performed before becoming a member of the Brooklyn Bridge band. When he stepped on stage, people did not know him at that time, but everyone started moving and grooving to his incredible voice.

The Vandels played some heavy duty stuff ourselves and were very well received. Perhaps the best part of the experience was how much the people

appreciated our performance. It was wonderful hearing so many musicians test their talents at the Settlement House.

People gathered here to get off the streets and enjoy good music. What we did not realize at the time was we were creating memories that would last a lifetime.

**Written by: Cindy Hom,
Senior Citizen Club Leader**

Editor's Note:

John Gaveglia moved to Selden in 1968 from Canarsie, Brooklyn. He worked in the entertainment industry for 50 years, is 85-years-old and looks forward to sharing more of his stories. He dedicates his happiness to his wife Albina. They have been married for 63 years and have known each other since they were 15 years old.

Kindness Matters



“During Christmas Eve, this man used to dress his horse with sleigh bells and himself as Santa Clause, delivering gifts to the children on his route — myself included!”

When I was a little girl, we used to have a man deliver ice to my neighborhood in a horse drawn carriage.

During Christmas Eve, this man used to dress his horse with sleigh bells and himself as Santa Clause, delivering gifts to the children on his route — myself included!

One particular Christmas, he came into our home and gave me a gift from my brother Charlie, who was in the Navy and away overseas during World War II. I was so very happy to hear this, as I was always thinking about my

brother.

One day my mother took me out shopping and I saw a group of men from the Navy. I approached them and asked if they knew Charlie. They said they did and said he always had the nicest things to say about his little sister (of course when I got older, I realized they were fibbing to me).

I told them to please tell him that I got his gift and that I miss and love him very much. They promised they would tell him (their names unknown to me).

Those men of course made a little girl's heart soar with a very simple act of kindness. And I

would like to thank all our vets, including all those serving in our country, as well as overseas, today and in the future.

Written by: Cindy Hom, Senior Citizen Club Leader

Editor's Note:

Grace Turcotte moved to Coram in 1978 from Lindenhurst. She is a member of the Rose Caracappa Senior Center in Mount Sinai and enjoys meeting with the Port Jefferson Seniors Club on Fridays.



Jitney Transportation

The Town of Brookhaven Jitney Transportation Program is a shared ride, curb to curb service provided to our residents who are 60 years of age and over or disabled, cannot drive, or have no other means of transportation. Transportation is provided to medical facilities and grocery shopping. Medical transportation is provided on a first-come first-served basis and is by appointment only.

For more information and an application, call 631-451-9081 or 631-451-9082, Monday-Friday between 7:00 am and 3:30 pm. There is a fee for this service. Some restrictions do apply.

Residential Repair Program



The Residential Repair Program provides household assistance with repairs that do not require the skills of a licensed craftsman. The program offers minor repairs for senior citizens who are not able to perform themselves. THIS IS NOT AN EMERGENCY SERVICE. For more information and/or an application, call 631-451-9092. *Funding is provided by the Suffolk County Office for the Aging and the United States Department of Health and Human Services through the New York State Office for the Aging.*

Rose Caracappa Senior Citizen Cultural & Wellness Center

Located at the junction of Route 25A and Patchogue-Mt. Sinai Rd (Rte. 83), the Rose Caracappa Center is the setting for a wide array of multi-generational activities such as: workshops, book discussions, game playing, bridge, mah jongg, as well as classes for exercise, yoga, dancing, foreign language, and introduction to the internet. Residents are welcome to drop in and visit the center. The center is open Monday through Friday, 9:00am—4:30pm (excluding holidays). Many of the activities are free or have a minimal fee. Call the center for details at 631-476-6449 or 631-476-6431.

Nutrition Program



One of the most popular programs that the Town offers to our Seniors is the Nutrition Program. You may participate at the North Shore Nutrition Center located at the Rose Caracappa Center, 739 Route 25A, Mt. Sinai—631-476-6442 or 631-476-6446 and the Bay Area Nutrition Center located at the Mastic Recreation Center at 15 Herkimer St., Mastic Beach—631-281-7679. Each site provides a nutritious lunch in a friendly, social atmosphere. A menu of delicious meals is planned by a registered dietitian and served Monday through Friday. This program also gives seniors the opportunity to meet new friends and participate in many activities that are offered at both sites. ***Transportation Service is provided for qualifying applicants. For more information, please call 631-451-9081.***

The Nutrition Program also offers the Meals on Wheels service. Are you homebound? Would you like your meals delivered to your home? Do you want to become a Volunteer and make a difference in your community? If interested, call one of our Nutrition Centers.

There is a suggested donation of \$2 for lunch. Funding is provided by the United States Department of Health and Human Services, New York State and the Suffolk County Office for the Aging.

The Lending Closet

The “Comfort Aids” organization lends medical equipment such as walkers, wheelchairs, commodes, canes and shower chairs at no cost to Town of Brookhaven residents. Supplies are limited and distributed on a first-come first-served basis. Donations are accepted and greatly appreciated. These services are offered at the following town recreation centers:

Henrietta Acampora in Blue Point—631-363-5193
 New Village in Centereach—631-732-2338
 Robert E. Reid Sr. in Shoreham—631-744-2601





Milestone Birthdays and Anniversaries

Celebrating birthdays and anniversaries are important. They allow us to flashback to different times in our lives and share stories of how we met our significant other. Just as important, they provide an opportunity to get together with

friends and family to create new memories.

If you would like to announce a milestone birthday or anniversary for someone special to you in the next addition of the *Town of Brookhaven Happy Talk Gazette*, contact Frank Petrignani by

calling (631) 451-6547 or email him at fpetrignani@brookhaven.org. You can also include a *brief* description about this person. Perhaps your recognition will create a new story to tell.

Recipe Corner

Baked Stuffed Apples

*Recipe courtesy
of Alton Brown*



Ingredients:

- 3/4 cup oats
- 3/4 cup flour
- 2/3 cup light brown sugar, packed
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- Pinch kosher salt
- 1 stick cold unsalted butter, diced
- 4 Braeburn apples (Fuji will substitute)
- 4 teaspoons honey

Directions:

- In a bowl combine all the dry ingredients and diced butter. Rub mixture briskly between finger tips until it forms small moist clumps in a loose sandy mixture. Refrigerate while preparing the apples.
- Cut a small layer off the bottom of each apple to create a flat, stable bottom surface. With a small paring knife, cut a cylindrical cone out of the top of the apple, moving about 1-inch outside of the core, similar to removing the top of a pumpkin when carving a Jack O'Lantern. Remove the top and discard. With a melon baller or a teaspoon, remove the remaining core and seeds taking care not to puncture the base of the apple.
- Place apples on a baking sheet or pie dish and fill each center with a teaspoon of honey. Spoon in mixture, packing lightly until heaped and overflowing over sides of the apples.
- Bake in oven at 350 degrees on the top or middle rack for 40 minutes or until filling is golden brown and the tip of a paring knife can be inserted into the side of the apple with little or no resistance. Let apples stand for 10 minutes before serving.

Do you have a wonderful recipe that you'd like to share?

Submit a recipe to be published in the next Happy Talk Gazette edition, please email it to ldelvalle@brookhaven.org or submit to the Center Manager.

Youth Bureau News

WORKING TOGETHER TO HELP SAVE LIVES

Brookhaven Town Supervisor Edward P. Romaine
and the Youth Bureau Present:

**FREE Substance Abuse Awareness & Opioid Overdose Prevention
Program Training Class (NARCAN) Provided by Suffolk County EMS**

Topics Covered:

- What is an opioid overdose?
- Recognizing an overdose (signs & symptoms).
- How to administer Nasal NARCAN to reverse an opioid overdose.
- What to do until EMS arrives.

Join us Tuesday, October 25th, 2016
Brookhaven Town Hall
1 Independence Hill
Farmingville, New York 11738

**6:30 p.m. - 7:30 p.m. NARCAN Training
in the 2nd Floor Cafeteria**



Residents ages 18+ from all Brookhaven communities are
encouraged and welcome to attend.
Call 631-451-8011 for more information or to RSVP by October 21st.

TOWN OF BROOKHAVEN INTERFACE THANKSGIVING FOOD DRIVE



Help Families in Need enjoy a Happy Holiday Season
this year by purchasing and donating
non-perishable food items.

Suggestions

Canned Cranberry Sauce, Stuffing, Canned Vegetables, Canned Sweet or White Potatoes,
Instant Mashed Potatoes, Turkey Gravy, Soup, Jar or Canned Sauce, Pasta, Canned Pasta,
Macaroni & Cheese, Cake Mix, Icing, Pudding, Jello, Cookie Mix, Cereal, and Juice.

**A \$10.00 Food Gift Certificate to a Local Grocery Store
that could be used to purchase a Turkey**

Drop Off Sites

Brookhaven Town Hall, One Independence Hill in Farmingville
Brookhaven Town Highway Department, 1140 Old Town Road in Coram
Henrietta Acampora Recreation Center, 39 Montauk Highway in Blue Point
Rose Caracappa Senior Center, 739 Route 25A, Mt. Sinai

For More Information contact the Town of Brookhaven
Youth Bureau @ 451-8011

All Customs, Classics, and Modified
Cars, Trucks and Motorcycles
Welcome

Food & Toy Drive

Sunday, November 6, 2016

Rain or Shine

9:00 am to 4:00 pm

Brookhaven Town Hall
1 Independence Hill
Farmingville, NY
LIE Exit 63 North (N. Ocean Ave.)

Held in conjunction with
Town of Brookhaven
Interface Program

**Help Needy Long Island Children
Have a Happy Holiday**

Long Islanders Helping Long Islanders

Santa Arrives at Noon

Bring New Unwrapped Toys, Games or Non-Perishable Food Items
Cash Donations Accepted

Free Hot Dogs & Beverages for all Elves Bearing Gifts

Weather permitting, drive your ride

Open Show

No Admission, No Judging, No Trophies

Live Music and Entertainment All Day

Maxine 516-658-1977

Steve 631-224-9517

Town of Brookhaven INTERFACE Program

TOYS FOR KIDS DRIVE



**Beauru Help every child enjoy the Holidays
Donate a New Unwrapped Toy**

Drop off locations in the months of November and December include:

The Rose Caracappa Senior Center, 739 Route 25A, Mt. Sinai
Brookhaven Town Hall, 1 Independence Hill, Farmingville
Brookhaven Highway Department, 1140 Old Town Road, Coram
Brookhaven Calabro Airport, 135 Dawn Drive, Shirley
New Village Recreation Center, 20 Wireless Road, Centereach
Brookhaven Ecology Site, 249 Buckley Road, Holtsville

For more information, please call (631) 451-8011

A Special Thank You To Our Sponsors!



The smell of barbecue was just one of the many fantastic parts of this year's Town of Brookhaven Senior Citizens' Picnic. Approximately 1,800 seniors throughout the Town gathered to enjoy classic summer food, dance, socialize and browse the various vendor tables at the picturesque Longwood Estate in Ridge.

This event was a success thanks to the contributions of many. Our Senior Club Leaders arrived early to assist with setup on June 15 and 16. Parks Department Commissioner Ed Morris, General Foreman Chris Barton and their crews were instru-

Successful Senior Picnic

mental in parking cars, preparing the grounds and ensuring everything was ready to go on both days. Vendors also engaged residents in services and products that were targeted toward their needs. We also received very generous donations of watermelons from Best Market, King Kullen, Stop & Shop in Farmingville and BJ'S Wholesale Club in Bellport.

These great contributions helped bring the event together and are very much appreciated. Supervisor Ed Romaine, the entire Brookhaven Town Board and our Senior Division would also

like to thank all the senior citizens attended to this year's Senior Picnic. With your participation, it helped accomplish our mission of increasing social interaction amongst members of the Greater Brookhaven Community and making use of the warmer weather.

Once again, we want to thank everyone for their contributions to this successful event, and look forward to seeing you again next summer at our 2017 Town of Brookhaven Senior Citizen's Picnic.



MIND, BODY AND SOUL

About 30 senior citizens ranging in age from mid sixties to early nineties came to the *Free Chair Yoga Class* at the Rose Caracappa Senior Center in Mount Sinai on August 18. Many participants arrived early and immediately began socializing with each other. However, once it started, sound could only be heard from instructor Rose Biscardi, who turned 83 years of age in September. There are many well known physical benefits of

practicing Yoga, ranging from increased strength and flexibility to improved cardio and circulatory health. Another reward, which was evident with this class, is the mental health aspect.

"I enjoy it," said Gloria Grantelli of Selden, who turned 86 years of age on August 19. "I have learned a lot of things about exercise that I never knew. Also, the atmosphere and friendly people are very lovely."

Another bene-

fit to the class is everyone participates at their own level. Ms. Biscardi pleasantly reminded the class to bend and flex to the point where you are comfortable.

The *Free Chair Yoga Class* takes place every Thursday from 1 to 2 p.m. at the Rose Caracappa Senior Center, located at 739 Route 25A in Mount Sinai. For further information about this and the many other classes and programs taking place at the Senior Center, please call (631) 476-6449.

**"Breath
in.
Breath
out.
Relax."**



Senior Citizen Clubs

The Town of Brookhaven sponsors 28 Senior Citizen Clubs at various neighborhood locations town-wide. For further information about joining a club, please call 631-451-9191.

- ♦ Albert Tinnie
- ♦ Avery Village
- ♦ Bretton Woods
- ♦ Center Moriches
- ♦ Centereach
- ♦ Farmingville
- ♦ Forge River
- ♦ Greenwood Village
- ♦ Hagerman
- ♦ Lake Grove
- ♦ Lake Ronkonkoma
- ♦ Leisure Village
- ♦ Manorville
- ♦ Mark Tree
- ♦ Middle Island
- ♦ Mt. Sinai
- ♦ Patchogue
- ♦ Port Jefferson
- ♦ Selden
- ♦ Shoreham
- ♦ Southaven
- ♦ St. George Manor
- ♦ St. Joseph's Village
- ♦ Stony Brook
- ♦ Swan Lake
- ♦ Three Village
- ♦ Westfield
- ♦ Yaphank

The Westfield Senior Club meets year round on Wednesdays at 10 a.m. at the Selden Firehouse, located at 44 Woodmere Place in Selden.



The Hagerman Senior Club is looking for new members. They meet every Thursday from 10 a.m. to 3 p.m. at the Henrietta Acampora Center, located at 39 Montauk Highway in Blue Point.

Pet "Pause"

Taking a minute to appreciate our pets!

Carol Clute decided after 2 years of not having a dog that she wanted to adopt a puppy. Some folks thought that adopting a puppy after just turning 70 would not be a good idea. Carol had always had dogs in her life; some collies, a golden retriever, a weimaraner and a shetland sheepdog.

While attending a dog show, she started talking with one of the attendees about her shetland sheepdog. She asked where she came from and the rest is history. Carol contacted

the breeder and asked to adopt one of their puppies.



Carol says she definitely feels more comfortable having a dog in the house at an older age. Dyna defi-

nately does her part. She is a great watch dog and always barks when she hears someone coming to the door. Carol says she is always so willing to please and has brought her much joy. Nothing like coming home from running errands and having Dyna greet her at the door. Carol has taught Dyna many tricks, and she loves playing with her stuffed animals. She said Dyna has brought much pleasure to her life in her senior years.

Written by Tracy Bell



Adopt a Dog



Hamilton arrived as a stray after being picked up by a Good Samaritan. Since no one has come in looking for him, he is cur-

rently looking for a new 'forever' family and home to call his own. An animal shelter is a very loud and stressful place, and Hamilton is hoping his stay does not have to be a long one. This little guy is sweet and affectionate, relaxed and walks politely. Hamilton is totally housebroken and knows commands such as sit and lay down. He is about 40 pounds, estimated to be between 6 and 8

years young, up to date on vaccinations, neutered, micro-chipped and heartworm negative. He loves to cuddle on a big bed or fluffy blankets and is looking for a quiet and calm companion to share his life with.

For further information regarding adoption possibilities, please call the Brookhaven Animal Shelter at (631) 451-6950.



Upcoming Activities and Events

Rose Caracappa Activities 739 Route 25A, Mt. Sinai (631) 476-6449

Every Thursdays at 1:30 pm	Learn to play pinochle
3rd Wednesday of Month @ 1:30 pm	Bunco
4th Thursday of Month @ 10:00 am	Current Events Discussion Group
9/15 & 11/17 at 9:30 am - 3:30 pm	Defensive Driving Class
10/17-10/21 at 9:30-11:30 am	Living Healthy With Better Choices Workshop given by RSVP , please call to register
10/24 at 1:30 -3:30 pm	Halloween Dance - tickets are limited!
11/2 at 1:00 pm	The Power of Positive Thinking Through Visual Imagery Workshop given by RSVP
11/16 at 10:30 -11:30 am	Sing A Song Of Health Presentation given by: St. Charles Hospital
12/7 at 1:30-3:30 pm	Holiday Dance - tickets are limited!

Bay Area Nutrition Activities 15 Herkimer Street, Mastic (631) 281-7679

Every Monday at 9:45 - 10:15am	Exercise with Bob
Every Monday, Wednesday & Friday at 9:00 - 4:00pm	Mastic-Moriches-Shirley Library Technology Center
Every Thurs. at 9:30-10:00am	Education/Exercise Class
10/11, 11/15, 12/13 at 9:30-10:30am	Librarian Visit
10/20, 11/17, 12/15 at 9:30-12:30pm	Movie day
12:00 10/18, 11/15, 12/20 at 9:00am	Computer/Technology Assistance
12:00 10/19, 11/16, 12/14 at 9:00am	SCOFA Senior Advocate Visit

Holiday Celebrations Holtsville Ecology Site, 249 Buckley Road, Holtsville (631) 451-6100

12/2 at 6:00 pm	Christmas Tree Lighting
12/3, 12/4, 12/9, 12/10, 12/11, 12/16,	The Holiday Light Spectacular
Friday-Saturday (5-9 p.m.), Sunday (5-8 p.m.)	
12/27 at 6:00 pm	Menorah Lighting

Town of Brookhaven
Department of Housing & Human Services
Senior Citizen Division

Diana Weir, Commissioner
One Independence Hill, Farmingville, NY 11738
PHONE: (631) 451-9191 FAX: (631) 451-9148

Edward P. Romaine, Supervisor

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Neil Foley, District 5 Daniel J. Panico, District 6
Donna Lent, Town Clerk
Louis Marcoccia, Receiver of Taxes
Daniel Losquadro, Superintendent of Highways